FROM OUR KITCHEN

Beef and ale stew by Jeremy strode



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
-	90 min	90 min	4

01 Ingredients

- [ ] 1 kg chuck steak, cut into 2cm cubes
- [ ] 70 ml vegetable oil
- [ ] 1 salt and pepper
- [ ] 2 brown onions, peeled and chopped
- [ ] 2 carrots peeled and diced
- [ ] 2 celery sticks, chopped
- [ ] 750 ml ale
- [ ] 1.2 cup plain flour
- [ ] 2 beef stock
- [ ] 1 sprig thyme
- [ ] 2 bay leaves

02 Step-by-step method

01 Heat the vegetable oil in a large, heavy based saucepan. Season the beef with salt and pepper and brown on all sides in batches. Remove to a plate.

02 Add the onion, carrot and celery to the pan and fry until soft. Add the ale and reduce by three quarters. Stir flour into the ale.

03 Return the beef to the pan and add the remaining ingredients. Cover and simmer until the beef is tender and sauce has thickened (around 90 minutes).

04 Serve with mashed potatoes or grilled sourdough.

03 Chef's tips

- Any leftovers can be used in a pie the next day to enjoy all week long!